



OPUS 40

356 George Sickie Road
Saugerties, NY 12477

FOREST BATHING | A Group Show About Nature

Curated by Jen Dragon

June 13 - July 21, 2025

Gallery Hours: Friday - Monday: 10:00 - 5:00 PM

Exhibition Reception: June 15, 3:00 - 5:00 PM

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[EXHIBITION WEBPAGE](#)

(Saugerties, NY)—Opus 40 Gallery presents *Forest Bathing*, a group exhibition that explores the profound connection between art and the healing power of the natural world. Opening with a reception for the artists on Sunday, June 15th, from 3:00 to 5:00 PM, this exhibition offers a much-needed breath of fresh air for the soul.

Inspired by the Japanese concept of Shinrin-Yoku, or "Forest Bathing," this exhibition delves into mindfully immersing ourselves in the woodlands' sights, sounds, smells, and textures. Originating in the 1980s as a gentle antidote to the increasing pace of technological life, Forest Bathing is prescribed by Japanese physicians as a way to calm stressed nerves, ease pain, and nurture the spirit.

"In a world that often feels overwhelming and disconnected, the simple act of being in nature can be incredibly restorative," says the exhibition's curator, Jen Dragon. "This exhibition on the grounds of Opus 40 celebrates that connection, showcasing how six contemporary artists independently find inspiration and solace in the woodlands."

This group exhibition features the work of Katie DeGroot, Gabriella Kirby, Anne Leith, Robin McClintock, Laura Von Rosk, and Martin Weinstein. While their approaches vary, the woodlands serve as a powerful touchstone, resulting in a diverse and compelling collection of paintings that resonate with the beauty and complexity of nature. A version of this show premiered in Venice, Italy, during the 60th Venice Biennale in 2024.

"Forest Bathing" opens with a reception for the artists on Sunday, June 15th, from 3:00 - 5:00 PM. The exhibition will be on view through Monday, July 21st, 2025.

Special events and tours of the Opus 40 grounds aligned with the exhibition:

June 22, July 20: Mushroom Walk with Chris Baker [Tickets](#)

June 29: Geology Walk with Dr. Robert Titus [Tickets](#)

July 19: Ecological Landscape Walk with Luke Sarrantonio [Tickets](#)

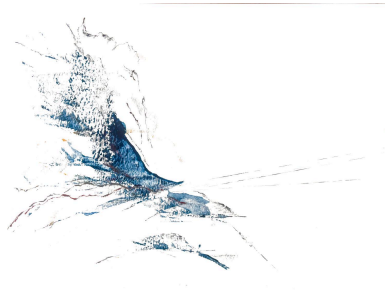
Admission: 16.00 General Admission

13.00 Students and Seniors, 5.00 Children 5 and under.

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Katie De Groot, [After Mr. Natural](#), watercolor on paper, 30 x 23 in



Gabriella Kirby, [Flutter](#), 2025, gouache on paper,



Anne Leith, [Platte Clove](#), oil on board, 2024 24 x 24



Robin McClintock, [Understood](#), 2018, 30 x 24 in



Laura Von Rosk, *Three Cedars at the Lake*, oil on board 10 x 10 in



Martin Weinstein, *Road Through Oaks, Evening*, 2017, acrylics on multiple acrylic sheets, 28 x 28 in



About OPUS 40:

Created over four decades by visionary artist and Bard professor Harvey Fite, Opus 40 is a 6.5-acre earthwork made of finely fitted bluestone, rising out of an abandoned quarry at the foot of Overlook Mountain in Saugerties, NY. In 1978, Fite's widow, Barbara, established the nonprofit Opus 40 Inc., opening the sculpture, along with 63 acres of meadows, walking trails, bluestone quarries, as well as the Quarryman's Museum to visitors from all over the world. Today, Opus 40 offers a diverse selection of events in a wholly unique setting that *Architectural Digest* has called "one of the most beguiling works of art on the entire continent."

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